

Amber Joslyn, MA, LIAC—America's Best in Medicine—Recognized Provider Delivering Compassionate, Holistic Addiction Care

Licensed Independent Addiction Counselor Combines Evidence-Based Practices with a Whole-Person Approach to Foster Recovery, Healing, and Lasting Resilience



Phoenix, Arizona Jan 6, 2026 ([Issuewire.com](http://www.Issuewire.com)) - Amber Joslyn, LIAC, MA, is a Licensed

Independent Addiction Counselor offering specialized mental health and substance use services through her private practice in Arizona. With more than five years of experience as a drug and alcohol counselor, Amber has supported teens, adults, Indigenous communities, and individuals involved in the legal system, guiding clients through the complex challenges of addiction and substance use with empathy, respect, and clinical excellence. She also has training in trauma-informed care, ensuring her approach prioritizes safety, empowerment, and understanding of past trauma.

Amber's work is grounded in a holistic philosophy that treats the whole person rather than focusing solely on symptoms. She believes meaningful recovery is built by understanding each client's unique experiences, strengths, and circumstances. This perspective allows her to create a safe, nonjudgmental environment where individuals feel supported as they explore challenges, develop coping strategies, and work toward lasting change.

Specializing in addiction and substance misuse, Amber also addresses co-occurring mental health concerns, including anxiety, depression, self-harm, suicidal ideation, trauma, and post-traumatic stress disorder (PTSD). Her comprehensive clinical background enables her to meet clients where they are and tailor treatment plans that reflect both immediate needs and long-term goals.

In her practice, Amber employs a blend of evidence-based therapeutic techniques, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Motivational Interviewing, and Solution-Focused Therapy. These approaches allow her to work closely with clients in individual therapy sessions, ensuring that each person feels heard, understood, and empowered to take charge of their recovery journey.

Beyond her clinical work, Amber is a proud mom who values balance and self-care as essential components of well-being. She finds grounding and inspiration in nature, enjoying hiking, spending time near water, and staying active at the gym as a way to manage stress and maintain clarity. These personal practices reinforce her belief in the importance of nurturing both mental and physical health.

In a world where mental health and addiction treatment is more vital than ever, Amber Joslyn is a beacon of hope for those seeking support. Her compassionate and personalized approach not only addresses the immediate challenges of addiction but also fosters a deeper understanding of the self, paving the way for a brighter future.

Learn more about Amber Joslyn:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/amber-joslyn>

America's Best in Medicine

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Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

Source : Amber Joslyn

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